



## **24 Hour Urine Collection**

### Collection Procedure

Instruct the patient as follows:

1. Obtain an approved urine collection container from the laboratory.
2. Follow your physician's directions regarding food, drink or medication before and during urine collection.
3. Empty the bladder completely on awakening in the morning and discard this urine specimen.
4. Record the date and time under "Start" and begin the test. (Example: 8/15/17 @ 7 AM)
5. All urine voided for the rest of the day and night (the next 24 hours) must be poured into the container. Do not urinate directly into the container. Urine should be collected in a clean container and then carefully poured into the 24-hour collection container. Keep the container refrigerated during the 24 hours of urine collection.
6. Make the final collection the next morning at the same time as the previous day and record this time under "Finish." (Example: 5/16/17 @ 7 AM)
7. Keep the sample refrigerated until you take it to the physician's office or laboratory. The 24-hour sample should be taken as soon as possible.